

FY2015 CHNA&HIP Progress Report

Appanoose County

Community Health Improvement Plan

GOAL	Strategies	Progress on Strategies
Appanoose County children will achieve and maintain healthy weight by reducing the number of students that become over weight between 2nd and 5th grade	Address obesity in Appanoose County Children	
	Implement "We Can" program, initially starting with 5th grade then increasing to include 4th and 6 the	Grant was obtained 2012 for purchase equipment for the CATCH (Coordinated Approach to Child Health) program. During 2012-2013 school year, curriculum in the 3rd grade and 4th grade classrooms provided by Mercy Centerville staff was conducted. The equipment and curriculum were given to the Centerville Schools to implement following the 2012-2013 school year. Coordinator for this program left that position in 2013.
	Implement activities that increase physical activity, decrease TV and gaming time and promote/educate healthy eating habits.	The Appanoose Wellness Coalition has been meeting monthly since January to develop plans for a strategy to increase physical activity in all age groups in Appanoose County. The development of the "Step into Spring" program was one project that was set up and to be implemented with a kick off March 14, 2015. The goal of this program was for Appanoose County to accumulate 1,000,000 minutes of activity between March 16 and May 15. Teams of 10 would be developed, and weekly totals of activity would be registered with the coordinator. Schools were also involved (by classroom) k-6th. The end result was a success for the county. The county did exceed the set 1,000,000 minutes. The kids were amazing. Garfield school=480; Lincoln School=890; and Lakeview=1514 (total of 2,884 minutes).
	Collaborate with Centerville Trails to Wellness to extend sidewalks between schools to promote increased physical activity and provide a safe walking environment.	Side walks have been completed allowing for hard surface areas to walk between the school systems in the city of Centerville. Walking trails continue to be expanded throughout the county area.